

The importance of regular physical exercise is increasingly more important for America's youth.

The vision for the **South Dakota Physical Education Standards** is to improve educational achievement and the health of South Dakota students, by developing students who are physically educated. The definition of a physically educated person includes five major focus areas, specifying that a physically educated person:

- ❖ Has learned skills necessary to perform a variety of physical activities
- ❖ Is physically fit
- ❖ Participates regularly in physical activity
- ❖ Knows the implications of and the benefits from involvement in physical activities
- ❖ Values physical activity and its contribution to a healthful lifestyle

Dress Code:

Comfortable athletic clothes must be worn each class period.

Time will be allowed to change at the beginning and the end of each period.

These clothes must be different than those worn during the school day.

T-shirt (with sleeves), shorts or sweatpants, sweatshirt and athletic shoes in a gym bag should be brought each class period. Deodorant and body wipes are recommended for personal hygiene.